Senator's wife told to keep away from her husband

Following an incident on an airplane, a Saskatoon court orders Maygan Sensenberger, 23, not to have contact with senator hubby Rod Zimmer, 69

PAGE 8

MERRY WIDOWER OR EARLY TV GRAVE?

IT'S OPEN SEASON FOR NEW TV SERIES — CAN MATTHEW PERRY KEEP GO ON, GOING ON? PAGE 13

VANCOUVER metro®

Tuesday, August 28, 2012

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7 B.C. Hells Angels arrested following 2-year investigation

Clubhouse raids. RCMP allege suspects were trafficking B.C. bud and using the proceeds to import cocaine

ELIZABETH HAMES
vancouver@metronews.ca

A rainbow of nearly $4 million in cash, a Tommy gun and a sign that reads, "Watch what you say in this clubhouse. The walls have ears."

This was the bounty on display Monday at RCMP headquarters in Vancouver following a 20-month RCMP investigation, which culminated over the weekend with raids on Hells Angels clubhouses and the arrests of several high-level members.

Dubbed E-Predicate, the investigation involved police from across Canada, the U.S., Mexico and Panama, said RCMP assistant commissioner Wayne Rideout at a Monday news conference.

Mounties allege the Angels were trafficking B.C. bud and using the proceeds to import cocaine into Canada, and the millions seized would have gone to feed further alleged criminal activity.

David Giles, well-known as the vice president of the Kelowna chapter of the Hells Angels, was arrested Saturday at a casino in Burnaby.

Giles, Kevin Van Kalkeren, Michael Read and James Howard have all been charged with conspiracy to import a controlled substance and conspiracy to traffic a controlled substance. They made their first court appearances on Monday.

Orhan Saydam, Murray Trekofski and Shawn Womacks also had court dates scheduled yesterday. They are facing charges of possession for the purpose of trafficking.

A warrant has been issued for the arrest of Brian Oldham, who is also charged with possession for the purpose of trafficking.

Kelowna RCMP Supt. Bill MacKinnon said Saturday's arrests of some of the Hells Angels' most senior members have a huge implication for Kelowna, a city where he says eight organized crime groups have "firmly entrenched themselves in the community."

WITH FILES FROM THE CANADIAN PRESS

A Hells Angels leather vest is displayed at RCMP headquarters in Vancouver on Monday. ELIZABETH HAMES/FOR METRO

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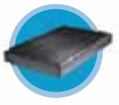

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Communism scare?

Liberal accuses NDP MLA of loving more than Cuba's beaches

A Cuban vacation for an Opposition British Columbia New Democrat has drummed up old-school, red-scare communist rhetoric from the Liberal government.

Liberal Bill Bennett, a top lieutenant in Premier Christy Clark's election-readiness team, took aim Monday at what he called the blatant infatuation with communism expressed by Surrey New Democrat Jagrup Brar following his week-long stay at a Cuban resort.

Bennett further suggested Brar's pro-Cuba comments peel back the underlying fondness within the B.C. New Democrat caucus for state-run, clampdown-style governments.

Brar told a Radio India audience in Metro Vancouver last week that the gap between rich and poor is virtually non-existent in Cuba, education is free and no child goes to bed hungry.

"Jagrup's interview should be a wake-up call for any British Columbian who values individual enterprise and individual freedom," Bennett said in a statement.

NDP caucus chairman Shane Simpson scoffed at Bennett's comments, saying the Liberals should concentrate on B.C. issues rather than attack an Opposition member's holiday reports.

THE CANADIAN PRESS

Surrey NDP MLA Jagrup Brar
JENNIFER KWOK/METRO FILE

Laura Szendrei's parents, Mike and Rachael, return to the courthouse during a break in a preliminary inquiry for their daughter's alleged killer. PHYLICIA TORREVILLAS/METRO

Slain Delta girl's family faces murder suspect

Preliminary inquiry. Parents of slain teen Laura Szendrei fall apart in court as evidence is presented against accused

PHYLICIA TORREVILLAS
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Laura Szendrei's parents clung onto each other and sobbed in a packed courtroom Monday as Crown counsel presented its evidence during a preliminary inquiry into their daughter's death.

The 15-year-old Burnsview Secondary student was found badly beaten on a wooded trail in North Delta's Mackie Park in 2010. She died a day later in hospital.

A 19-year-old man, who cannot be named because he was 17 at the time, is charged with first-degree murder.

The gallery, filled with more than 20 of Szendrei's family and friends, let out a collective gasp as the teen suspect entered the courtroom.

The accused, wearing a green T-shirt, sat expressionless and looked down most of the time.

Mike Szendrei, the victim's father, sat in the second row with his wife and other daughter and left the courtroom in tears before returning a short time later as Crown counsel outlined details about the Sept. 25 incident at the start of the hearing.

Incomprehensible

"Nobody could understand why this happened to her because she was truly like an angel."
Dayna Furst, a family friend

The evidence presented in the inquiry is banned from publication.

Dayna Furst, the aunt of one of Szendrei's friends, said it was "surreal" to finally see the accused in person and she was heartbroken to see Laura's parents and friends fall apart during the hearing.

Crown plans to seek an adult sentence if the accused is found guilty. But Furst said she's afraid the accused will get off easy.

"Any kind of punishment is not enough for the loss of their daughter," she added.

Her niece described Laura to her as a "happy girl who was always smiling and laughing."

"She was a wonderful person, very sweet and very friendly to everybody," Furst said outside the courthouse.

The preliminary inquiry is expected to run until early October.

Mobile news

Do you like to cuddle? This woman does. Scan the code to watch one lady's sleepy snuggle session that shocked a fellow commuter.

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Can you beat a 12-year-old chess champ? Find out at the PNE

Fundraising endgame. Student on last-ditch mission to raise money for youth tournament in Slovenia

KATE WEBB
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For a 12-year-old chess champion, Ashley Tapp has some pretty crafty moves, but she's going to need to make quite a few more to raise enough money to compete in the World Youth Chess Championships in Europe this November.

Tapp, a Grade 7 student at General Gordon Elementary, is one of only two Canadians who qualified for the competition in Malibor, Slovenia. But with costs estimated at $6,000 for her and her mother to go, she came up with the idea of challenging fairgoers at the PNE this week in exchange for donations.

"I've been playing people on the streets and outside the art gallery downtown just to try to raise some money," she said Monday at the PNE, which got behind the campaign when executives heard her story.

So far she has raised $942 by selling freezies, playing chess for donations and even creating her own website, ashleychessgirl.com, where she is selling new and used items.

Tapp says her love of chess began when she was eight and won a tournament at the downtown Vancouver Public Library. It was then she knew she wanted to get a coach.

"It's a challenge and you have to use a lot of your mind, and it's really fun that way," she said.

Now she plays for three to four hours a day in the summer, and one to two hours a day during the school year, in between piano lessons and homework assignments for her intensive French-immersion program.

Her parents cannot afford the cost of the trip, so this week's last-ditch fundraising effort will largely determine whether she is able to achieve her dream of competing in Slovenia.

"It would mean a lot because I've been working really hard and I really want to go," she said.

Tapp will be playing for donations every day until Friday from 1 until at least 5 p.m. in the Celebration Plaza picnic area at the PNE.

Ashley Tapp, 12, is trying to raise more than $5,000 so she can compete in the World Youth Chess Championships this fall. KATE WEBB/METRO

Young theft victim finally has new wheels

Brayden Walterhouse wrote to Metro asking for help after his electric bike was stolen in Surrey, and on Saturday he got a brand-new one thanks to an anonymous donor. CONTRIBUTED/SOUPY/VELOCITY CYCLES

A young Surrey man with disabilities got a new electric bike on Saturday, thanks in large part to one generous Metro reader who stepped up after reading that his old one had been stolen.

Brayden Walterhouse, 20, who is deaf and has mild cerebral palsy, had used the electric bike his parents bought him to get around before it was stolen from a locker at the Guildford Recreation Centre on Aug. 14.

The donor, who wished to remain anonymous, emailed Metro two days later and offered to cover the roughly $1,300 cost of replacing it. Velocity Cycles in Langley provided the high-quality bike and kit at cost, and several other generous readers came forward with another $180 in donations to help out the primary donor.

"When my old bike was stolen, I was worrying about it because I can't afford to buy a brand-new electric bike because I am under the People With Disabilities pension," Walterhouse wrote in an email to Metro.

"And then someone donated a brand new bike which made I being peaceful (sic), so I am not worrying about my money anymore. I am so glad that someone who thought about me and be supporting me. Thank you to the donor! :)"

His mother, Sylvia, said Velocity threw in a very good quality bike lock, among other extras.

"Brayden and I have already discussed how the generosity and caring of others is now our responsibility to 'pay it forward,' which we intend to do gladly and with giving hearts," she told Metro in her own email.

The donor, who grew up in Surrey, is a businessman from Edmonton who is well known for his charity work and helping those in need. He said he just wanted Walterhouse to "have what's his." KATE WEBB/METRO

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Hwy 4. Truck blaze destroys Cathedral Grove vegetation

A Surrey man inadvertently started a small fire near Cathedral Grove as he drove his flaming pickup down the Alberni Highway on Vancouver Island.

Reports about the burning GMC Sierra heading east along Highway 4 flooded the Oceanside RCMP detachment around 6 p.m. Saturday.

Mounties say the Sierra finally came to a stop around 6:30 p.m., but by the time fire crews caught up to the fully engulfed truck, the flames had spread to bush lining the highway.

The 57-year-old driver from Surrey and his 22-year-old son escaped the blaze unharmed.

Firefighters doused the fire, but not before it burned about 900 square metres of vegetation.

The burn started less than 10 kilometres away from the towering Douglas-firs in Cathedral Grove.

RCMP spokesperson Sgt. Darrell Robertson couldn't say whether it would have spread to the old growth giants. But with the hot weather of late, he said it wouldn't have taken long for the flames to wreak havoc on nearby forests.

The smell of smoke caught the attention of the Ministry of Transportation, who sent investigators to the scene Saturday. The cause of the truck fire is unknown. **ELIZABETH HAMES/METRO**

BC Ferries

No real savings from Gulf Island cuts: Hollingstead

Cuts to Gulf Islands service on minor routes won't result in any significant savings, said Brian Hollingstead, adviser for the Southern Gulf Islands.

In the fall, the provincial government will ask Gulf Islanders what sailings they can do without as a cost-saving measure.

A round-trip sailing on a major crossings costs about $10,000 in fuel and staffing.

Deborah Marshall, BC Ferries spokesperson couldn't say how much a round-trip costs on Gulf Island routes.

The province has ordered BC Ferries to find $30 million in savings. Cuts to 98 round trips on major routes will save $1 million over four years. **ELIZABETH HAMES/METRO**

Vancouver's funniest take home four comedy awards

Ceremony. Performers included Alan Thicke, Colin Mochrie and Bret "The Hitman" Hart

The Sunday Service members, from left, Craig Anderson, Taz Van Rassel, Emmet Hall, Caitlin Howden, and Aaron Read accepted the best improv troupe award at the Canadian Comedy Awards Sunday. CONTRIBUTED BY ROB TRICK

KATE WEBB
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Several of Vancouver's funniest minds got the last laugh at the Canadian Comedy Awards in Toronto Sunday night, taking home trophies for best podcast, best improv troupe, best radio show and best web clip.

The Comedy Network's annual awards show recognized The Sunday Service — a six-year-old Vancouver institution nominated for six awards this year — as the best improvisers in all the land.

Their 90-minute shows starring local comedy vet Taz Van Rassel, critically acclaimed thespian Ryan Biel, and five hilarious others go down at The Kozmik Zoo on Broadway every Sunday night.

A made-in-Vancouver viral video that racked up more than 343,000 views on YouTube poking fun at the beloved Archie comic book series, called Riverdale, won best web video.

The fake trailer, which imagines Archie, Jughead and friends grappling with gritty, real-world problems like drug use, teen pregnancy and homophobia, was shot at Templeton high school for $3,000 with a group of 100 volunteers recruited from Craigslist.

"For us it's an inspiration just to get back to basics," said Nathan Lusignan, managing producer of Point Blank Creative, which produced the four-minute clip. "We do a lot of serious work to pay the bills, but there's really nothing better than making people laugh."

The network's first-ever award given out for best podcast went to Stop Podcasting Yourself, a weekly interview show written, hosted and produced by local comedians Graham Clark and Dave Shumka.

CBC funnymen Pat Kelly and Peter Oldring took home the trophy for best radio show for This is That, a satirical current affairs show that has been called "The Onion of radio."

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Right: Maygan Sensenberger leaves provincial court in Saskatoon on Monday. Left: Sensenberger and her husband, Rod Zimmer, a Manitoba senator. LEFT: FACEBOOK; RIGHT: LIAM RICHARDS/THE CANADIAN PRESS

Senator's wife told to stay away from hubby

Turbulent flight. Sen. Zimmer, 69, and Sensenberger, 23, were in court Monday

MORGAN MODJESKI
Metro in Saskatoon

A senator's 23-year-old wife charged with causing a disturbance and endangering an aircraft received a bittersweet anniversary gift from a Saskatoon judge.

Maygan Sensenberger was released from jail on Monday but told not to have contact with her husband, Rod Zimmer, a Manitoba senator. She is also prohibited from drinking alcohol and entering bars.

The provincial court judge who issued the ruling didn't explain why Sensenberger is to stay away from her husband, who was also in court.

The couple, who married one year ago, made headlines last Thursday when Saskatoon police were called to meet a plane carrying a disruptive passenger.

The two were flying to Saskatoon from Ottawa when Zimmer experienced tightness in his chest. Sensenberger reacted by becoming upset.

Court records show police believe she uttered threats against her husband and threatened to take down the plane.

Upon hearing the judge's order, Sensenberger told the judge, "I don't know what to do."

The judge said the process will unfold "one step at a time."

No one was injured in last week's incident.

Sensenberger is set to appear in domestic-violence court — which sometimes gives people a chance to enter a plea and receive treatment for a lesser sentence — on Tuesday at 9 a.m.

WITH FILES FROM THE CANADIAN PRESS

Witness testifies

Fellow passenger Scott Wright said he witnessed the couple arguing, but denied that any threats were made. Wright testified that Sensenberger seemed concerned about her husband's medical condition.

Student protests

Chaos reigns in return to Quebec classrooms

The calm of summer was shattered on Monday with the return of students to Quebec universities, where some classes were disrupted as protesters disobeyed the back-to-school law.

Chaotic scenes, reminiscent of those seen across the province in the spring, suddenly flared up at Universite de Montreal and Universite du Quebec a Montreal after a relatively quiet summer. The province passed an emergency law, Bill 78, to set stiff fines for people who prevent students from attending class. THE CANADIAN PRESS

Toronto body-parts case. Ex-boyfriend charged with second-degree murder

An ex-boyfriend of a woman whose body parts were found scattered in two Toronto-area parks has been charged in her death.

Peel Regional Police Insp. George Koekkoek told a news conference the 40-year-old man is charged with second-degree murder in what he described as a "domestic-related homicide."

Chun Qi Jiang was arrested in Toronto on Sunday and remanded into custody when he appeared in court on Monday.

Jiang, a Canadian citizen of Chinese descent, was not previously known to police, Koekkoek said.

The inspector said Jiang had a four-year relationship with Guang Hua Liu, 41, and the couple was recently estranged.

THE CANADIAN PRESS

Grisly discoveries

- On Aug. 15, Liu's right foot was found in the Credit River in Mississauga. Liu's head and hands were later discovered in the river.
- Two calves, a thigh and an arm were found in West Highland Creek, just blocks from where she lived in Toronto.

Fire spreading after massive oil refinery blast

Venezuela. Residents in nearby neighbourhood still troubled by lack of warning before blast

Plumes of black smoke and flames continue to rise over the Amuay refinery near Punto Fijo, Venezuela, Monday. ARIANA CUBILLOS/THE ASSOCIATED PRESS

An intense fire at a Venezuelan refinery spread to a third fuel tank on Monday nearly three days after an explosion killed at least 41 people and injured more than 150.

Oil Minister Rafael Ramirez said a third tank ignited at the Amuay refinery, which has been in flames since Saturday's blast.

Government officials had previously said they had the blaze contained, and the spread to another tank was an apparent setback to their plans to quickly restart the refinery.

Prosecutor General Luisa Ortega said at a news conference that 151 people were injured, 33 of whom remain in hospitals. Criticisms of the government's response to the gas leak emerged from local residents as well as oil experts.

People in neighbourhoods next to the refinery said they had no official warning before the explosion hit at about 1 a.m. on Saturday.

"What bothers us is that there was no sign of an alarm," said Luis Suarez, a bank employee in the neighbourhood. "Many of us woke up thinking it was an earthquake."

THE ASSOCIATED PRESS

Belgium

Killer's accomplice up for release

Convicted pedophile and killer Marc Dutroux's ex-wife, Michelle Martin — an accomplice who let two of his victims starve to death — is on the verge of receiving conditional freedom by Belgium's highest court on Tuesday. THE ASSOCIATED PRESS

Russia

Pussy Riot's attorney appeals jail sentences

Three members of the Pussy Riot punk band have appealed a court's decision to jail them for two years for their "punk prayer" against Russian leader Vladimir Putin in a Moscow cathedral. THE ASSOCIATED PRESS

England

Phantom lion spooks village?

Police said Monday that they've found no evidence to support area residents' claims that they'd spotted a big cat prowling the countryside near the village of St. Osyth, in the southeastern English county of Essex. THE ASSOCIATED PRESS

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Stimulating. Private sector key to economy: Flaherty

Stimulating the economy ultimately falls on the heads of the private sector, Finance Minister Jim Flaherty said on Monday.

"We've done a lot through the tax system to encourage Canadian executives, business people, to start utilizing some of the capital they have on their balance sheets," Flaherty said.

"At a certain point, it's not up to the government to stimulate the economy, it's up to the private sector, and they have lots of capital."

Flaherty said the government has already introduced measures in the budget — such as the accelerated capital cost allowance and the mining exploration credit — to compel Canadian corporations to invest some $525 billion of dead cash back into the economy. Beyond that, he said, it's up to the corporations.

Flaherty made the comments to reporters outside the Rogers Centre in Toronto, after the Royal Canadian Mint unveiled a commemorative coin marking the 100th anniversary of the Grey Cup. THE CANADIAN PRESS

Market Minute

DOLLAR 100.93¢ US (+0.08¢)

TSX 12,048.82 (-33.41)

OIL $95.47 US (-99¢)

GOLD $1,675.60 US (+$2.70)

Natural gas: $2.65 US (-5¢)
Dow Jones: 13,124.67 (-33.3)

Iraqis flock to faux fast-food franchises

A customer stands outside Burger Friends restaurant in Baghdad. A wave of new American-style fast-food restaurants is spreading across the Iraqi capital, enticing customers hungry for alternatives to traditional offerings. Iraqi entrepreneurs and investors from nearby countries, not big multinational chains, are driving the food craze. They see Iraq as an untapped market of increasingly adventurous eaters where competition is low and the potential returns are high. The traditional Arabic restaurants long popular here now find themselves competing against curiously named rivals such as Florida Fried Chicken, Mr. Potato, Pizza Boat and Burger Friends. There is even a blatant KFC knockoff called KFG, which owner Zaid Sadiq insists stands for Kentucky Family Group. KARIM KADIM/THE ASSOCIATED PRESS

Wages. Non-union salaries to rise: Survey

Non-union workers across Canada can expect wage increases of 3.2 per cent on average next year, according to an annual survey by Mercer.

The global business consultancy said Monday that the projected wage increases would match actual increases in base pay reported for 2012. They would also be up slightly from the average of three per cent in 2011 and 2.9 per cent in 2010.

Mercer's 2012/2013 Canada Compensation Planning Survey, conducted annually for over 20 years, includes responses from more than 750 employers across Canada and reflects pay practices for approximately two million non-union workers.

Mercer said the results are indicative of a steadily increasing trend that will also see top-performing employees — some six per cent of the workforce — enjoy even higher increases as companies strive to retain critical talent. THE CANADIAN PRESS

A clerk works at a Dollar Rent A Car outlet. THE ASSOCIATED PRESS

Auto rentals

Hertz buys Dollar Thrifty for $2.3B

More than two years after its original bid, Hertz agreed Sunday to buy Dollar Thrifty Automotive Group for about $2.3 billion US, giving it more ways to attract travellers and expand its international presence.

Nothing will change immediately for consumers. Travellers who rent through Dollar Thrifty will still visit that counter for service. In the long run, prices in many markets will almost certainly rise as the two companies streamline their operations. THE ASSOCIATED PRESS

Housing affordability still eroding

Higher home prices. Possible interest-rate increases next year could strain ownership and ultimately cool housing markets

Housing affordability continued to erode in most markets across Canada in the second quarter as a result of higher home prices and interests rates, but there were a few bright spots.

Alberta, in particular, solidified its position as having the most affordable housing market thanks to a significant drop in prices for electricity and natural gas, says a quarterly Royal Bank housing report.

Alberta home resales in the second quarter were the best in five years, surging 18 per cent from a year earlier.

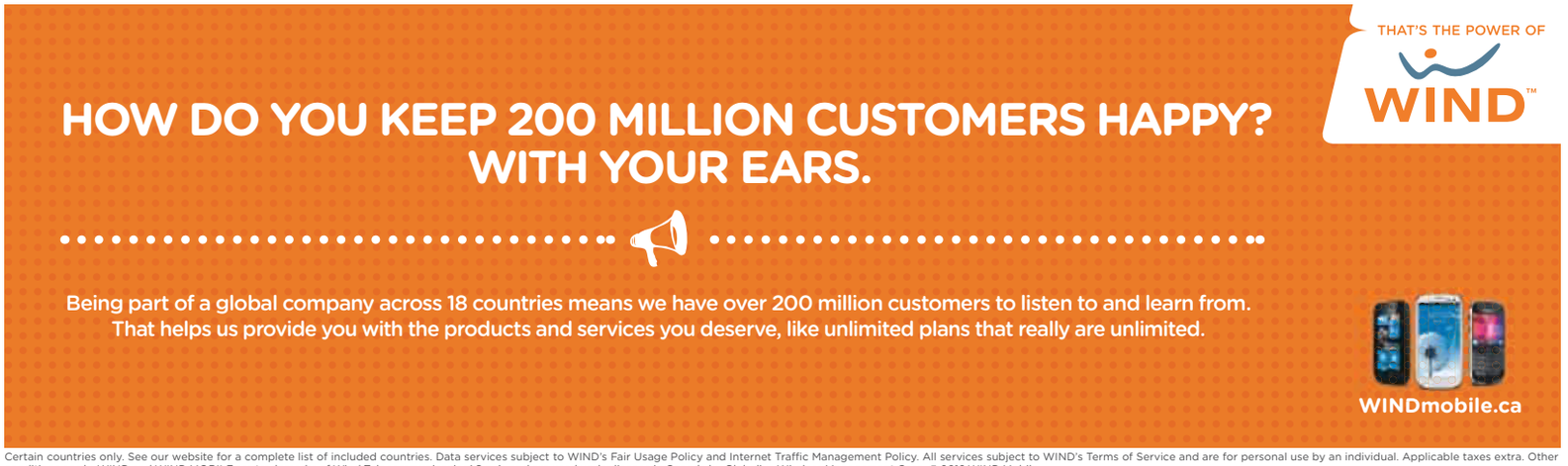
Montreal also enjoyed improved affordability, which prompted resales to rise 8.6 per cent to reach their third-highest second quarter total, the report said.

On a national level, however, modest increases in home prices and mortgage rates slightly eroded housing affordability in the quarter.

RBC's affordability index for a detached bungalow stood at 43.4 per cent of income nationally in the second quarter, up 0.2 percentage points from the first quarter but unchanged from a year ago. THE CANADIAN PRESS

Vancouver index

- The Vancouver area continued to be, by far, the least affordable in Canada and was very close to the worst on record, as the costs associated with owning a detached bungalow at market prices rose 2.2 points to 91 per cent of annual income.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PARK LIFE: FINDING JOY IN THE CITY'S COMMUNAL BACKYARD

SHE SAYS...
Jessica Napier
metronews.ca/voices/she-says

Sometimes I'm jealous of my suburban pals. I don't have a backyard, a barbecue, a deck or a pool; but I do have a park. In the city's concrete jungle, parks are an oasis of green where visitors and residents congregate en masse to enjoy the dog days of Canada's fleeting summer.

Every weekend, downtown dwellers descend from their high-rise abodes to enjoy the street-level wonders of urban parklands. They sprawl out on picnic blankets and people-watch as other park-life fans throw Frisbees, walk their dogs and engage in raucous rounds of croquet and bocce ball. After the sun goes down, people bring their own lanterns and sparklers, hosting al fresco birthday parties under the moonlight.

Land of the park-goers

When so much of our urban landscape is claimed by retailers and condo developers, these impromptu gatherings allow us to take back public space as something that is truly ours.

This summer, my neighbourhood has been playing host to a series of impromptu outdoor-movie nights. These screenings aren't so much an official community event as they are a couple of guys with a projector and enough Facebook friends to get the word out.

Tea-light candles demarcate the seating area and the previews are YouTube music videos that inspire dancing in the crowd. Bicycles litter the makeshift aisles and the organizers sell $3 cans of Pabst Blue Ribbon and PWYC popcorn. Is it legal? Definitely not, but it's amazing.

After the movie finishes, everyone gathers their garbage and quietly makes their way home. For the most part, no one is loud and obnoxious; we respect our neighbours and the sanctity of our little patch of green in the heart of the city.

When so much of our urban landscape is claimed by retailers and condo developers, these impromptu gatherings allow us to take back public space as something that is truly ours.

Parks are exempt from the rules and commercial interests that govern the rest of the city; they are places to bring home-made meals and make DIY fun. There is no waiting for a table at the park and the price of admission is nil.

My park is where I liberate myself from the monotony of the treadmill and run along winding pathways and hidden trails. It is where I go to be alone with a book or reconnect with friends over a game of Scrabble, accompanied by a concealed bottle of wine. It is the bonus piece of beautiful green space that was never advertised with my 800-square-foot apartment.

As cityscapes become increasingly dominated by paved sidewalks and towering structures of concrete and glass, our parks, no matter how small, feel like an expanse of natural realness. They should be enjoyed and celebrated but, most importantly, preserved.

Follow Jessica Napier on Twitter @MetroSheSays

A sunbather does a cartwheel in Manhattan's Westside Park in New York City earlier this summer. JOHN MOORE/GETTY IMAGES

Look before you leap

NATE CHAPPELL/REX FEATURES

Frog legs

Flipped like a pancake

This picture of a wild supper was captured in Missouri City, Texas, by photography tour operator Nate Chappell.

The yellow-crowned night heron preys on frogs but has to flip them several times in order to swallow them.

This two-legged bird needed several attempts to consume its meal.

METRO

Nate Chappell CONTRIBUTED

Q&A with the photog

- **How did you get the shot?** The heron was preoccupied with eating the frog, so it let me approach fairly close. I got down low in the grass to get a more intimate view and better background. I crawled on my hands and knees to get closer to the bird, knowing that the bird was less likely to fly off if I was crawling. The bipedal form of humans is how most animals recognize humans and consider us a threat.

Longtime nesters

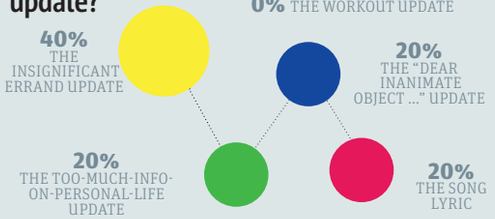
20

The number of years a yellow-crowned night heron family will inhabit a single nest. This is remarkable loyalty as the bird only lives for around six years, but its family will stay far beyond that. However, in many of the U.S. breeding grounds, the nests are under threat from hunters.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What's the most annoying Facebook status update?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20% THE "DEAR INANIMATE OBJECT ..." UPDATE
20% THE TOO-MUCH-INFO-ON-PERSONAL-LIFE UPDATE
20% THE SONG LYRIC

Twitter

@actordougjones: .... Just living here in North Vancouver temporarily while filming season 3 of @FallingSkiesTNT

@EricMcCormack: Hey, sorry, I've been tweet-delinquent! The weather's been too great in Vancouver! Live tweeting @PerceptionTNT tomorrow at 10 Happy Sunday!

@LuigiTuriano: So excited for the Canucks hockey season #GOCANUCKSGO ;)

@comedyspy20: @VanCanucks congrats on the #Canucks300k followers, I'm happy that we have that many fans. Go Canucks!!!

@JSid__: Finally have a Whitecaps jersey I can wear on game days #gamedaysaturday

@thymebalm: I need to borrow a ukelele for the day, help me out Vancouver?

metro

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DVD reviews

Battleship

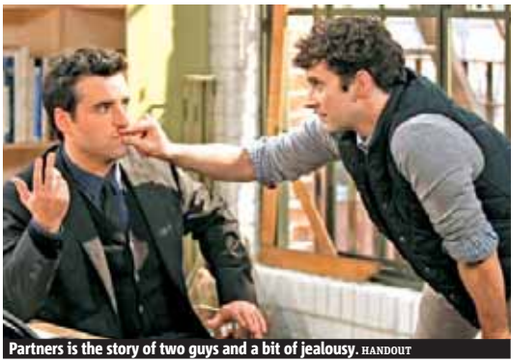
Director. Peter Berg

Stars. Alexander Skarsgård, Brooklyn Decker, Liam Neeson

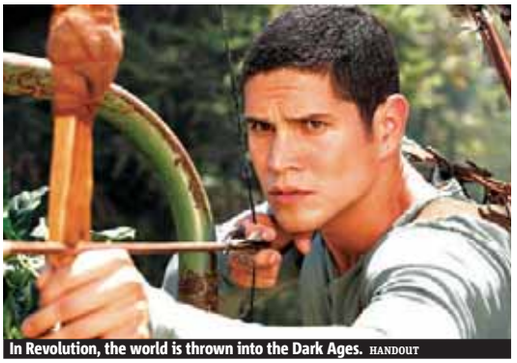
●●○○○

The reliable Liam Neeson elevates every film he puts his name to, including pay cheque gigs like Clash of the Titans. But even he couldn't keep Battleship from tanking. Based in name only on the old Hasbro board game, the Peter Berg-directed film awkwardly yokes a romantic redemption tale with a sci-fi potboiler about space aliens invading Earth. Neeson gives good stare in Battleship, as the admiral in charge of the U.S. Navy Pacific Fleet. That's about all he gives, but you can't blame him. The characters are little more than game pieces in this exercise in CGI overkill. Taylor Kitsch is the putative star, playing screw-up Alex Hopper, who fails at the high ideals set by his Navy-straight older brother Stone (Alexander Skarsgård). Battleship gives little reason to care about these characters. The state of your hearing after all the boom-boom would be of greater concern.

PETER HOWELL



Partners is the story of two guys and a bit of jealousy. HANDOUT



In Revolution, the world is thrown into the Dark Ages. HANDOUT

TV's fresh fall crop a rather safe fare

Predictable choices. With the exception of Animal Practice, new programs seem to be sticking to tried-and-true formulas

Here's a fearless prediction for the new fall season: Animal Practice will be either a hit or a big-time miss; either a comedy game-changer for NBC or a punch line for its ratings desperation.

This sitcom about a veterinarian and his monkey sidekick is already commanding the attention of viewers. NBC has heavily hyped it, most notably by interrupting the Olympics closing ceremony to air a preview of the show and enraging viewers waiting for the Who.

But who cares if they're angry? For any new show, just getting noticed is half the battle. Between now and December, Animal Practice (airing on Global in Canada) is among nearly two dozen series getting launched by the five broadcast networks, which for weeks have been feverishly hyping the new crop with everything from bus ads to Twitter feeds, plus multi-platform previews of some shows, like Animal Practice, thrown in.

All of this is done with the certain knowledge that at least two-thirds of the new fare, no matter how relentlessly promoted, will have fallen by the wayside by this time next year.

Remember these duds from last fall: Charlie's Angels? Free Agents? How to be a Gentleman? Does a similar fate await Animal Practice, which stars Justin Kirk as a misanthropic veterinarian and Crystal, a scene-stealing capuchin monkey, as his oddly human second banana? Or what about Go On, an NBC comedy (airing on Global in Canada) that casts Matthew Perry as a sports-talk radio host forced to attend grief counselling after the death of his wife?

Or what about Chicago Fire (airing on Global in Canada) an action drama about firefighters from Law & Order maestro Dick Wolf? Chicago Fire could be pigeonholed as a show about public safety, but bona fide cop dramas — one of TV's most enduring genres — are represented by three fanciful variations.

On Vegas, CBS' robust new drama (airing on Global in Canada) set in the early 1960s, Dennis Quaid plays a rancher-turned-sheriff of the budding gambling mecca, with Michael Chiklis a mobster casino boss.

NBC's Elementary (airing on Global in Canada) stars Jonny Lee Miller as a modern-day detective with the name and quirkiness of legendary Sherlock Holmes, and Lucy Liu as Dr. Joan Watson. They assist the New York Police Department with solving crimes.

And the CW's Beauty and the Beast (airing on Showcase in Canada) features a lovely young homicide detective (Kristin Kreuk) who reconnects with a handsome young doctor who saved her life when a teenager. She also discovers his terrible secret: Thanks to a military experiment gone awry, when he is enraged, he becomes a terrifying beast with uncontrollable strength.

Meanwhile, there's just one new lawyer show on tap: CBS' Made in Jersey (airing on Global in Canada), which stars British actress Janet Montgomery as a young working-class Jerseyite from a long line of self-taught beauticians, a gal who bought her attache case not on Madison Avenue but down the shore. She lands a job across the river at a prestigious Manhattan law firm where her style raises eyebrows but wins cases.

Autumn will bring three new doctor dramas, each of which — like Made in Jersey — is headlined by a woman.

Jordana Spiro stars in Fox's The Mob Doctor (airing on CTV in Canada) as a Chicago surgeon whose obligations to the mafia require her to give medical treatment to a gang of hoods.

On the CW's Emily Owens M.D. (airing on CTV in Canada), Mamie Gummer plays a young med-school grad who's beginning a hospital internship full of hope. And on the Fox comedy The Mindy Project, creator-star Mindy Kaling plays a thriving OBGYN whose personal life is a succession of pratfalls.

NBC's edgy The New Normal (airing on CTV in Canada) finds gay couple Andrew Rannells and Justin Bartha concluding there's only one thing missing from their happy home: a child. Also trading on the gay theme is Partners (airing on Citytv in Canada), with David Krumholtz as Joe and Michael Urie as Louis, partnered architects and best friends since high school.

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Kellan Lutz

Twilight actor misses the pre-fame days

Despite the mega-success of the Twilight film franchise, Kellan Lutz kind of misses the good old days.

"My favourite moments were during the first movie, before any of this craze happened. We were just ourselves, no one really knew who we were yet," Lutz tells Us Weekly. "We haven't changed per se, but we were able to get away with a lot more." And while some members of the cast have dealt with the spotlight better than others, Lutz insists the series' popularity caught them all off guard.

"I don't really like to comment on everyone else's process, but I think we've all done the best we could with this," he says. "It can be surreal sometimes. I don't know if we all knew what we were fully getting into on all fronts."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Tom Cruise kept the diamonds coming

THE WORD
Monica Weymouth
scene@metronews.ca

Say what you will about Tom Cruise — we certainly do — but the guy isn't cheap.

During their five-year marriage, Tom Cruise showered Katie Holmes with the type of gifts found only under the Scientology Christmas tree.

"Tom was extremely generous to Katie with lavish gifts during their marriage, and she will be keeping millions of dollars of jewelry, Hermes handbags and other luxurious items," a source tells RadarOnline.

"Tom gave Katie diamond earrings as a birthday gift one year that easily cost over $500,000, and he had custom design pieces made for her."

Under the terms of their divorce, Holmes gets to keep the swag and is free to sell it if her earlobes get tired — meaning, we can only hope, that she won't need that Dawson's Creek reunion paycheck.

Pitt children let loose in French toy store

Brad Pitt and Angelina Jolie squeezed in a little late-summer vacation time, taking four of their six kids to the coastal town of Le Touquet, France, over the weekend, according to People magazine.

Pitt and Jolie treated daughters Zahara, Shiloh and Vivienne along with son Knox to pizza before letting them loose on a local toy store Jolie had visited before.

"I wasn't notified of their visit. I didn't expect it. I didn't even recognize them. I said 'Bonjour' like I do to all my clients and then I saw Brad Pitt," an employee of Culture Kid tells the magazine.

"Since Angelina was here with her son last year, the shop has moved, but they found us."

Twitter

@SethMacFarlane
A big part of my life is trying to apply Purell without being noticed by the person who just shook my hand.

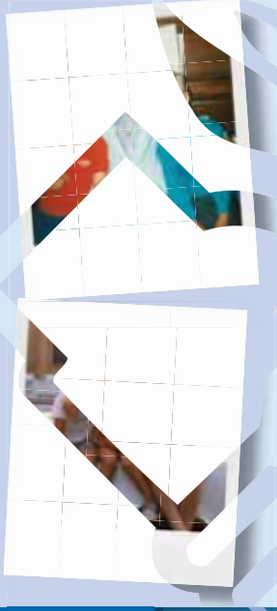
@BetteMidler
Gentle readers, by now you have gathered that I have been interested in wacky weather ever since I saw smog for the first time 40 yrs ago..

@rustyrockets
I deny all hurtful rumours that I have invented bejeweled hover-shoes. Lawyers tell me they are fashionable.

@SandraBernhard
camping is fine as long as someone else does all the work

Talk to your family

Organ and tissue donation saves lives.



As a guitarist, my eldest brother Graeme inspired me to learn to play; as a weightlifter, he used to show off by bench-pressing me above his head; and later, when I was bullied in school, he would pick me up in his boat of a car, looking intimidating in black clothes, covered in tattoos.

In his early 30s, he was diagnosed with kidney disease—he never showed it, he never looked or seemed sick... I was shocked when I found out that he would need a transplant.

My hope came in the form of my brother's friend since high school, Todd, who offered his own kidney to save my brother's life...

Adrienne, a grateful sister

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Visual aids can be used to help remind people that they have reached their limits on snacking. HANDOUT

Obey the stop sign for snacking

Health options. New study shows that visual cues can effectively cut down on consumption of snack and junk foods in your home

BEN KNIGHT
life@metronews.ca

Snacks are seductive. So delicious. So satisfying.

Not always healthy, though — and overindulgence is a constant danger.

But new research from Cornell University in Ithaca, N.Y., suggests that visual cues can effectively cut consumption, without really damaging enjoyment.

Cornell's food and brand lab dyed every seventh chip in a stack of potato chips red, then gave them to unsuspecting test subjects.

"We simply had marker chips in there," says lab director Brian Wansink, author of Mindless Eating: Why We Eat More Than We Think.

"We didn't say anything. There was no mention of why it was red, or anything. Simply having a marker chip in there led people to eat either seven or 14 chips. They got to the point where they'd see this stop sign. They might eat one or two more chips, but they wouldn't eat 50 more."

By the numbers

$2.1B

$2.13 billion is the value of snack food products shipped by Canadian producers in 2009.

A happy accident, or real science?

"We did the study three times, because the first time, it seemed too good to be true," he says. "Every time we did it, we saw this huge, huge effect."

But does it work when people know what the red chip means? Can this work with other snack foods, which don't so easily stack?

"Yes, yes, yes!" Wansink enthuses. "You can break your snacks up into little baggies. It may not be good for the environment, but it gives you a visual stop sign. Or you can use a twist seal to reseal a candy bar after you've eaten part of it."

He also suggests eating ice cream out of a little bowl.

"You can go back for seconds. You can go back for thirds! The empty bowl is kind of a red chip, saying 'Hey, do you want more?' You can have more, but you have to make that decision."

Wansink insists that eating less doesn't mean there's a matching drop in snack satisfaction.

"What we find is that it doesn't seem to be the amount. It's just whether you get the snack or not. We find that people get tremendous satisfaction out of just half the amount they would otherwise eat.

"Visual stop signs cause you to think twice."

On the Web

US Open defending champ Samantha Stosur on fitness, Japanese food, kick serves

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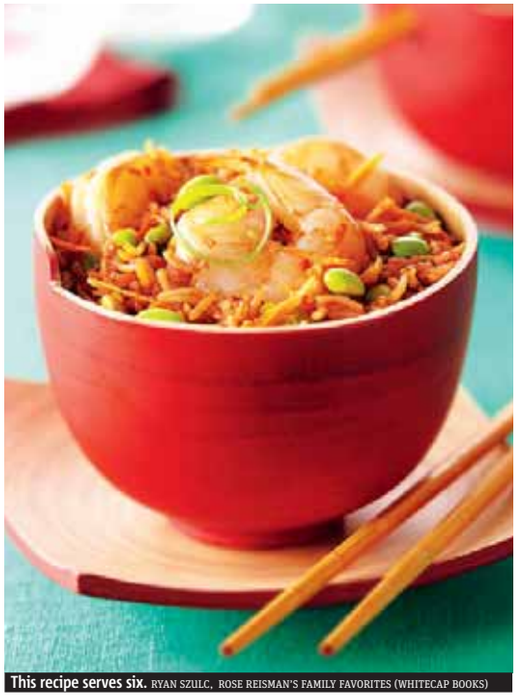

This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

Fried rice in Asian restaurants is often made with lard or excess oil, adding enormous amounts of calories and fat.

I use a stock-based sauce that only uses a tablespoon of sesame oil. Also, instead of traditional green peas, I use edamame. That brings the calories per serving to 309 and the total fat to 5.4 grams.

1. Sauce: Whisk chicken stock, soy sauce, sesame oil and chili sauce in a small bowl. Set aside.

2. Add rice to stock and bring to a boil. Reduce heat to low, cover and simmer 10 minutes. Remove from heat and let sit for 10 minutes, covered.

3. Lightly coat large skillet or wok with cooking spray, add oil and set over medium-high heat. Add onion and sauté 5 minutes or until softened. Add garlic and ginger and sauté 1 more minute. Add shrimp and edamame and sauté 3 minutes or until the shrimp just turns pink. Stir in the carrots and green onions.

4. Add cooked rice to shrimp mix. Add sauce and stir-fry 2 minutes, or until everything is warmed through and rice is coated with sauce. Serve hot.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

Sauce
- 1/3 cup chicken stock
- 3 tbsp low-sodium soy sauce
- 1 tbsp sesame oil
- 1 tsp hot chili sauce

Rice
- 1 1/2 cups white rice
- 1 1/2 cups chicken stock
- 2 tsp vegetable oil
- 1 cup chopped onion
- 1 1/2 tsp each finely chopped garlic and ginger
- 4 oz raw shrimp, peeled, deveined and diced
- 1 cup frozen shelled edamame
- 1/2 cup each grated carrots and chopped green onions

Health Solutions

Cereal killer

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Say "fibre" and everyone thinks "bran," but there is a world beyond wheat that may be even better for you.

One of the key nutrients required for, ahem, regularity is magnesium and magnesium can be bound by wheat bran rendering it inabsorbable.

So over the long haul, you want to vary the source of bulking substance like wheat bran (insoluble fibre) and add cholesterol lowering, blood sugar regulating soluble fibre from other sources. (And I will try to keep this clean...promise.)

Insoluble Fibre Sources

1. Kidney and Lima Beans, Lentils and Dried Peas
Kidney and lima beans as well as lentils and dried peas are fabulous sources of soluble fibre. Find a way to work them into your soup, rice or entrée daily.

2. Psyllium Husk
Psyllium husk is found in some breakfast cereals but also as a powdered supplement that can be added to just about anything.

3. Barley
Barley is a fabulous alternative to rice. Cooked in stock and stirred with grated Parmesan cheese, it is almost risotto-like. Tossed into salads and soups it adds texture and flavour.

What insoluble fibre does is pull water into the bowel to form an easy to pass gel. This prolongs stomach emptying time to slow down digestion of sugars and helps capture and remove bad fats. Easy, peasy...get it?

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Ready, set, head for the border!

Alison's Money Rule. Keep travel and accommodation costs low to save big on cross-border shopping

YOUR MONEY
Alison Griffiths
money@metronews.ca

There are plenty of good reasons to cross the border for shopping. ISTOCK IMAGES

Desperately seeking last minute back to school deals? Go south. Call me unpatriotic and a Canadian business killer, but financially stressed families can't be faulted for wanting to save money by taking advantage of cheaper prices.

New customs rules and a strong loonie provide good reasons to head into the US for all those must have school clothes, electronics and other goodies.

But if you go be prepared for long waits during peak times this weekend as the 50 million visits annually by Canadians to the U.S. is the highest in two decades.

Higher limits on what we can bring back to Canada went into effect in June, which will only boost that visitor number.

For stays of 24 hours the import limit is $200, up from $50, and a flat $800 if you stay more than 48 hours, up from $400 for two day visits and $750 for a week or more.

According to the most recent BMO Capital Markets cross border shopping report, some of the best deals south of 49 are the kinds of things kids need\ want for school. For example, running shoes are 37 per cent cheaper in the States, those adorable Pottery Barn Kids backpacks cost 26 per cent less and you'll save 19 per cent on kids' Gap T-shirts.

A basket of U.S. goods including diapers, BBQs, iPods, golf balls and small appliances produces a savings of 14 per cent. However, don't just focus on prices. Factor in the cost of gas, meals, hotel as well as duty and GST and HST if you go over limit — which is very easy to do. Don't forget to take the exchange rate into account. Though the posted rate may show the loonie at par or better, when you buy greenbacks it will cost you three to four cents more.

And if you use your credit or debit card there will be an exchange rate differential plus (usually) a 2.5 percent transaction fee.

Affordable travel

When loyalty doesn't pay off

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

I had my frugal butt kicked last week as I planned an affordable last minute trip to Europe. In light of the Eurozone debt crises, some of the most inexpensive international holidays at the moment are European vacations.

I had the right idea on how to save money – wait until after the Olympics, be semi-flexible on the location, try to snag a last minute travel special and use loyalty points for flights, rail and hotels.

But, when it came time to redeem my travel rewards, I couldn't use a single point towards any part of the trip.

My first error was waiting too long to book; my second error was trying to book a seat sale on flights through my VISA points — which I have done on previous occasions.

But because I didn't leave enough time in advance, according to VISA's policy, the cheap flights were not available nor eligible for point redemption.

A July 2012 American Express survey revealed that approximately 19 per cent of North Americans use loyalty points for travel throughout the summer months; hence the limited availability.

The next eye-opener for me was learning the true cost of trying to use loyalty rewards semi-last-minute; the amount of points it takes to purchase a ticket can be triple the normal amount. No thanks! That's a bad deal!

That's when I decided to book my seat sale without using points and instead I paid with cash.

Thankfully, with a strong Canadian dollar, off-season pricing and switching to a local airline from London, the price tag was 50 per cent less than if I were to have planned travelling mid-summer.

Post purchase, I learned through Google research that the greatest value travel point collectors receive is when they use their points for business or first class tickets.

Thus, I tried one last time to use my points for an upgrade to business class for the long-haul portion of the trip.

NO-GO.

Because I'd booked seats on sale my 'cheap seats' weren't eligible for upgrades … on any segment of the trip.

I still believe in collecting points because I love free things.

But, my unpleasant experience has taught me that to maximize the greatest value from a loyalty program, book well in advance.

I'd also recommend avoiding rewards programs you don't plan to redeem within a short time frame (five years or less).

This is because the longer you wait, the more likely it is the point system will change and adjust to the increasing cost of providing the rewards.

More Fun and Frugal

Follow Lesley on Twitter @LesleyScorgie

'Intervention meets Sex and the City'

Reality TV. Reformed 'other woman' offers plenty of advice in The Mistress, which premieres Wednesday

MELISSA REBER
For Metro

If you're caught in a love triangle with a married man, Sarah Symonds has some advice for you: "Get out! Don't walk, run! He will never leave his wife for you."

Sarah would know; she calls herself the reformed "other woman" after a string of affairs (including ones with chef Gordon Ramsay and Jeffrey Archer) left her heartbroken and alone.

She wrote the book Having an Affair? A Handbook For The Other Woman, which stirred up major media interest on the controversial subject. Now she has teamed up with Great Pacific Media to produce a reality show called The Mistress, where she will work with women stuck in these dysfunctional relationships to help set them on the right path. The show premieres Wednesday at 8 p.m. ET on Slice.

What was it that attracted you to the lifestyle of 'the other woman'? What made you finally stop?

At the time I started I was in my late 20s, I was mixing in a high octane PR world. I didn't have the filter to say no. Most of the men I dated were unavailable or married, although sometimes I didn't know that at first. In 2006 I had my heart broken beyond words and that's what made me sit down and write my book. Then when the Gordon Ramsay scandal broke, I didn't want to be that girl in the tabloids and have my parents see that. I wanted to be done with it.

Have you ever been confronted by one of the wives (any fights)?

No physical fights, but I've called both the wives of the men I really loved. It was not out of malice, it was out of pain, but the reaction I got when I called the wives… they were so matter of fact, and there I was bawling my eyes out. They just said, 'OK, I'll have a talk with him when he gets home.'

It was unbelievable.

There are some altercations on the show, but it's not about that and it's not about exposing him (the man). It's a raw subject and I'm trying to get them out of this toxic relationship, and when that happens there are going to be confrontations.

What are the top three signs that your partner might be cheating/has a mistress?

1. If he's suddenly mysterious about his cellphone, if he doesn't want you to see his missed calls or text or he goes into the washroom to use his cellphone — wake up! Who does that? He's probably hiding something.

2. If he says he needs alone time or is willing to run around doing any errands he normally wouldn't.

Remember that the "other woman" is always asking to see him so to keep her happy he'll have to find excuses to get out of the house.

3. If he suddenly offers to do his own laundry — what man does that? He might be trying to make sure you don't see any stains on his shirt or a fancy restaurant receipt he left in his pocket.

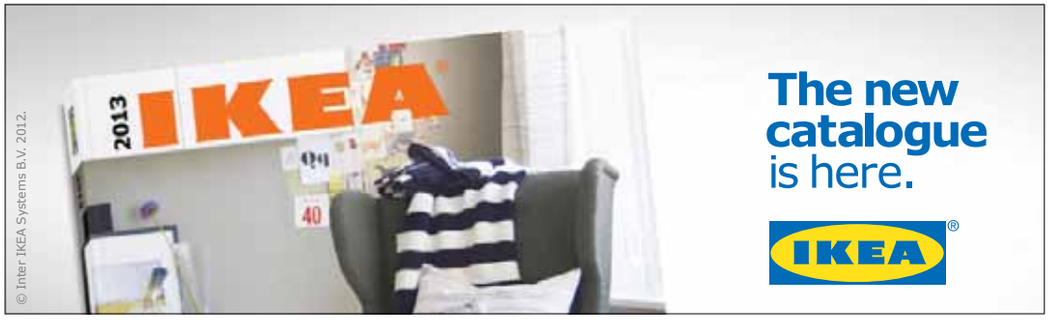
You've got instincts, use them! If you think something is wrong, investigate it. Having said all that, don't be paranoid, but don't be stupid. Be real.

Tell me a bit about the show. What should viewers expect?

It's a mix of Intervention meets Sex and the City. It has a redemption edge to it, but it's a wake-up call for mistresses. My work is over five days with them and I want to get them to realize they are worth more and to move on. Each story is so different… different ages, colours, circumstances.

This show is myth busting. You typically think of the busty blond being the mistress, but on the show what we see is so far from that stereotype.

It'll blow your mind.



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Sarah Symonds

metro
LEARNING CURVE
Tuesday, August 28, 2012

Vancouver Community College students can now view their personal library accounts, check library hours and place requests for items with a new smartphone app. ISTOCKPHOTO/THINKSTOCK

VCC library going mobile

DANIEL HENDRIKSEN
For Metro

Vancouver Community College (VCC) is embracing the widespread use of smartphones. The post-secondary institution has developed a phone application that allows students to access all kinds of services while on the go.

The latest addition to the mobile site is a tool that permits students to use some of the school library's services with the touch of a button.

Students can now view their personal accounts, check library hours, renew materials, and place requests for items such as books, DVDs and other classroom materials. But according to Todd Rowlatt, VCC library services assistant department head, that's not all the app allows for.

"Through our mobile library website, students can also launch the AskAway function and chat with a librarian no matter where they are," Rowlatt said in a media release. "That way, students can get a head start on their questions and research before they even get to campus."

Students can download the app (m.vcc.ca) free of charge on any smartphone.

Douglas students research leadership

A group of 14 students from Douglas College recently finished conducting an experiment on leadership. The students' research was focused on exploring the factors that cause people to support one leader rather than another.

According to Graham Rodwell, chair of social science and psychology at Douglas, people generally choose to support a leader whose characteristics represent the group that we want to be part of, regardless of whether they have any particular skills or knowledge.

"Basically, it's because they are typical, rather than uncharacteristic," Rodwell said in a press release. "And we choose people who are closer to this prototype. We tend to listen to them more, we find their arguments more persuasive, and we attribute more vision to them. The question is: Does this all change when we become unsure of ourselves and our future?"

The students will now compare their research results with those from a study done earlier this year by SciVerse ScienceDirect, which found people are in fact more likely to support atypical leaders when we are uncertain of ourselves and our future.

Kwantlen moves CAHS to Langley

Kwantlen Polytechnic University's Langley campus will now be the exclusive home to the school's faculty of community and health studies (CAHS). The program was formerly split between two locations, and will now move into one completely renovated facility.

The much anticipated move will take effect in September, and Dr. Tru Freeman, the dean of CAHS, says it will bring with it many benefits.

"The faculty of community and health studies move from Surrey to Langley will enable all CAHS faculty to be together in one building and on one campus," Freeman said in a media release. "This will have positive implications for student and faculty collaboration and interprofessional education across the breadth of health and education programming. We are looking forward to being part of the Langley community."

Kwantlen currently runs 10 programs through CAHS: Bachelor of psychiatric nursing (BPN); bachelor of science in nursing (BSN); BSN – post baccalaureate; critical care (CC) nursing certificate; graduate nurse re-entry (GNUR) citation; graduate nurse, internationally educated re-entry (GNIE) certificate; healthcare assistant (HCAP) certificate; health unit co-ordinator (HAUC) certificate; internationally educated nurses assessment centre/professional studies; and special education teacher assistant (SETA) certificate.

DANIEL HENDRIKSEN

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Awards for BCIT students

DANIEL HENDRIKSEN
For Metro

BCIT research students, from left: Ryan Yen, Julien Levasseur, Alexandra Braun, Fargol Moshiri and Jordan Ho. CONTRIBUTED

For some students, the summer is another opportunity to learn and further their education. That's exactly the case for five undergrad students, including three from the British Columbia Institute of Technology (BCIT).

Ryan Yen, Julien Levasseur, Fargol Moshiri, Alexandra Braun and Jordan Ho spent their summers conducting cutting-edge research at BCIT. The research ranged from advancing sustainable building design to creating a Microbiology Lab-in-a-Backpack that will be used in developing countries like rural India.

For their efforts, the students all received an Undergraduate Student Research Award (USRA) from the Natural Sciences and Engineering Research Council of Canada (NSERC).

"It's been really exciting for me. I get to see all the hard work that goes into such a big project," Levasseur said in a press release. "I get the expertise from my supervisor and I get to use equipment I've never used before. This summer has definitely inspired me. I already have an interest to go into further education, but this experience has definitely reinforced that."

The projects were all funded by NSERC and BCIT, and each student also received a $4,500 scholarship.

Aboriginal rights and treaties mandatory at UBC

As the new semester starts in September, the University of British Columbia (UBC) will be enforcing a rule that requires all law students to take the course Aboriginal rights and treaties in Canada.

The mandate comes as law schools across Canada adapt to new accreditation rules that require graduates to demonstrate competency in the rights of Aboriginal peoples in our country. While schools have different options to meet the requirement, UBC is one of the first institutions to develop a separate course devoted to the matter.

"Aboriginal law has always been strongly recommended in the law school's upper year curriculum, but historically it has had one of the lowest enrolments," Prof. Darlene Johnston said in a press release.

"It sends a strong message to our students and to the legal community that we consider this area of law to be a core competency."

B.C. is home to more than 200 First Nations communities and only a few have treaties signed with the Crown. It is hoped that by creating a broader understanding of the issues involved, the two sides can begin the process to have more treaties signed in the future.

UBC grad to swim at Paralympics

Swimmer Donovan Tildesley, a University of British Columbia grad, is set to compete in his fourth Paralympic Games in London, England.

Tildesley, who was born blind, has achieved some incredible feats in the pool. In addition to winning a bronze medal in the 2000 Sydney Paralympics and two silver and one more bronze medal in Athens in 2004, he has broken two world records, and won a dozen gold medals in international swim meets.

Tildesley holds a degree in English from UBC.

He began swimming at the age of nine and uses a lane rope as a guide to swim in a straight line. Much of Tildesley's time outside of the pool is spent as a motivational speaker as part of the RBC Olympians program.

"I love it as much as competing in the pool," Tildesley said in a press release. "It's a chance to step outside myself and tell my story. If I can enrich, inspire or help change someone's life, that makes me happy."

The 2012 Paralympics run from Aug. 29 to Sept. 9.

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Program	Campus
Transportation trades	
Tuesday, Aug. 28, 11 a.m. – lobby, building B	Broadway
Tuesday, Sept. 4, 11 a.m. – lobby, building B	Broadway
Employment Skills Access	
Tuesday, Aug. 28, 1 p.m. – room 237	Downtown
Thursday, Aug. 30, 1 p.m. – room 237	Downtown
Tuesday, Sept. 4, 1 p.m. – room 237	Downtown
Culinary arts and Asian culinary arts	
Friday, Aug. 31, 9:30 a.m. – room 112 (theatre)	Downtown
Career planning and job search courses	
Tuesday, Sept. 4, noon – room 236	Downtown
Teaching English to speakers of other languages (TESOL)	
Tuesday, Sept. 4, noon – room 518	Downtown
English as a second language & ESL community classes	
Wednesday, Sept. 5, 10 a.m. – room 5025	Broadway
Building service worker	
Wednesday, Sept. 5, 1 p.m. – room 412	Downtown
Office administration	
Thursday, Sept. 6, 5:30 p.m. – room 240	Downtown
Paralegal	
Thursday, Sept. 6, 6:30 p.m. – room 240	Downtown

Downtown campus is located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus is located at 1155 East Broadway, one block west of Clark Drive and across from VCC/Clark SkyTrain station.

Visit **vcc.ca** or call **604.871.7000**.

View all VCC info sessions and tours

vcc.ca

Vancouver Community College

BCIT School of Business valedictorian Rafael Zveibil. CONTRIBUTED

BCIT grads find work

DANIEL HENDRIKSEN
For Metro

To say the operations management program at the British Columbia Institute of Technology (BCIT) is a popular hiring ground for B.C. businesses would be an understatement.

Based on a survey done by BCIT, 83 per cent of the program's graduates from last year found employment shortly after graduating, and 86 per cent of those employed were in jobs related to what they learned in school.

"We are a hands-on program in BCIT's School of Business and have very close partnerships with local organizations, who open their doors to allow our students to gain real-world experience," says program head Richard Ranftl.

BCIT School of Business valedictorian Rafael Zveibil enrolled in the program in 2010 after moving to Vancouver from Brazil.

He graduated this past spring and for the past three months, he has been a project manager at New World Technologies in Abbotsford.

Valuable learning

"After going through the operations management program at BCIT, I felt confident going into job interviews because I knew what I learned at BCIT was valuable to the companies."

Rafael Zveibil, BCIT School of Business valedictorian

"After going through the operations management program at BCIT, I felt confident going into job interviews because I knew what I learned at BCIT was valuable to the companies," says Zveibil.

The operations management program hosts an annual industry showcase event, with more than 100 business guests attending to meet potential employees last year.

SFU alumnus wins art award

An alumnus of Simon Fraser University's (SFU) School for the Contemporary Arts was recently named a regional winner of the 2012 BMO 1st Art! Invitational Student Art Competition.

Yi Xin Tong represented B.C. with his entry called Post-Lithic Breakables in the event, and took home a $5,000 cash prize for his efforts. In addition to the money, Tong's work will be on display at the Museum of Contemporary Canadian Art (MOCCA) in Toronto from Oct. 3-28.

"(The work) came to fruition through a really long process. Originally, it was just a mound that I matted with clay, and you can still see traces that connect back to the original mound," Tong said in a press release. "A mound is one of the oldest structures human beings have made for diverse purposes, utilized for habitation, and even for burial in death. We see the mound as it relates to civilization, we then look to alternatives to interpret the whole universe."

Tong, who refers to his artwork as "cryptic entity," is originally from China, and received his visual arts degree at SFU in April. He will now be heading to New York University this September to complete his graduate degree in fine arts.

Non-toxic materials. Multiple benefits as Kwantlen revamps its print studio

The print media studio at Kwantlen Polytechnic University is set to re-open this September after undergoing some alterations. In an effort to make the facility more environmentally friendly, Kwantlen has revamped the print studio to make the printing process more "green."

Going forward, the school will be using non-toxic materials in the creation of its prints in place of traditionally used acids, solvents, and strong cleaners. Instructor Kitty Leung says the transition will have multiple benefits.

"Myself, along with program assistant Frank Fan, have worked since May 2012 to convert the studio to environmentally friendly processes that emphasize the use of non-toxic materials," Leung said in a media release. "Not only are we proud of the environmental benefits of the new processes, but the implementation of these new processes will make the studio a safer place for students to work."

The list of environmentally friendly products Kwantlen will be switching to include ferric chloride in place of nitric acid to etch metal plates, soya sauce, salt and vinegar in place of ammonia to degrease metal plates, and a mixture of soda and water as a ground remover instead of solvents.

For more information, go to kwantlen.ca/humanities/visualarts. DANIEL HENDRIKSEN

Kwantlen. Dr. Alan Davis is new school president

DANIEL HENDRIKSEN
For Metro

Kwantlen Polytechnic University is starting the school year with a new president.

Kwantlen's board of governors has announced that effective Sept. 1, Dr. Alan Davis will assume the role, taking over from outgoing president John McKendry.

Davis boasts an impressive resumé, having studied and worked at post-secondary institutions all over the world. His experience includes employment at schools such as the British Columbia Open University, Athabasca University, Niagara College, and Vancouver Community College.

Hailing from Reading, England, Davis moved to North America in 1972, and has spent a lot of time in British Columbia. He comes to Kwantlen from Saratoga Springs, N.Y., as his most recent position was president at State University of New York, Empire State College.

"Coming back home to B.C. to lead Kwantlen Polytechnic University is a dream come true," Davis said in a media release. "It is one of the most interesting and important universities in the province and the country, serving a growing and diverse population with its dedication to teaching and learning, scholarship and service."

Dr. Alan Davis. CONTRIBUTED

In addition to his work in education, Davis is also a member of the Playwrights Guild of Canada. His plays have been performed all across the country.

Douglas named a receiving institution

More and more post-secondary students are moving from research universities to schools like Douglas College. In fact, the British Columbia Council on Admissions & Transfer (BCCAT) has named Douglas a receiving institution.

It used to be that students only moved one way, but according to a recent study, while 4,000 students transferred from colleges to research universities in 2007-08 and 2008-09, almost as many made the move in the opposite direction (3,300).

"The path to completing your education is no longer a one-way street," Scott McAlpine, president of Douglas College, said in a press release. "More and more students are deciding to complete their education at college, or are returning to college to do post-degree studies. The change in our status underscores the new trend in student mobility and the need to streamline the process for students."

The BCCAT's B.C. Transfer Guide now deems Douglas as both a sending and receiving institution. For more, check out the Transfer Guide at bctransferguide.ca.

VFS students produce first feature film

A group of Vancouver Film School (VFS) students has made history. The students who are enrolled in the one-year film production program at VFS went way above the program's requirements and created a full 90-minute feature film — the first in the school's 25-year existence.

Captive is a crime thriller, and in order to complete it the crew of students raised more than $75,000 for production costs. They were also forced to overcome several hardships such as multifaceted action scenes, nighttime shoots, and scenes that required hundreds of extras.

In a press release, VFS managing director Marty Hasselbach explained what the film means to both the students and the school's future.

"Captive is a game changer for this group of students and VFS alike," said Hasselbach. "It's a testament to a filmmaking education that, in an incredibly short amount of time, provides a high level of knowledge and skills that allowed these immensely creative minds to achieve something truly groundbreaking. VFS is so proud of what these students have accomplished."

To learn more, check out captivefilm.com.

DANIEL HENDRIKSEN

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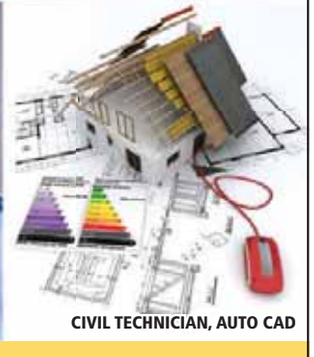
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The Vancouver Community College Junior Culinary Olympic team. CONTRIBUTED

Cooking for gold

DANIEL HENDRIKSEN
For Metro

It's been a long time coming, but a team of student chefs from Vancouver Community College (VCC) is a little more than a month away from representing Canada at the 2012 Junior Culinary Olympics in Erfurt, Germany.

The team of chefs qualified for the Olympics in 2009 by placing first at the qualifying Canadian Culinary Federation competition, and have been counting down the days to Oct. 6 ever since.

The past few years of preparation have included numerous competitions, preparing a meal for Prince William and Kate during their trip to Canada, plenty of fundraising, lots of hard work and some generous donations. The team is into the home stretch before it leaves for Germany to compete against the world's leading culinary institutions, schools and chefs.

Most of Jr. Team Canada is made up of chefs from the Vancouver area. It consists of Tyson Gee (captain), Jasper Cruickshank, Nathan Sundeen, Miho Shinbo, Giulia Nardiello (core members), Santiago Cuyugan, Nathan Taylor, and Daniel Davyduke. The team is coached by Tobias MacDonald, who is the manager at La Belle Auberge in Delta.

For more information, see jrculinaryteamcanada.ca.

Rise and shine with Langara Creative Mornings

With another school year upon us, Langara College is once again sponsoring the popular monthly breakfast lecture series, Creative Mornings.

The next instalment will take place in the atrium of the Woodward's Building on Sept. 7, and feature visionary choreographer Crystal Pite, who has worked with dance artists and theatre companies all over the world. She will be on hand discussing her work with her performance group Kidd Pivot, which she founded in 2002.

Langara's communication arts and digital media programs are sponsoring this edition of Creative Mornings, and program co-ordinator Johnathon Strebly feels it is a great opportunity for Vancouverites to expand their creative horizons.

"Creative Mornings is an opportunity for individuals from all aspects of the creative industry to gather, to experience an inspiring and provocative presentation, and then to exchange ideas in an electric environment," Strebly said in a press release. "I'm delighted to be a part of the event, and I'm thrilled to be able to facilitate this opportunity for others."

For free tickets, see creativemornings.com.

Campaign. UBC Tbirds aim to end violence against women

The University of British Columbia (UBC) Thunderbirds football team is taking a stand in an effort to end violence against women.

The Tbirds and UBC's access and diversity office have partnered with the B.C. Lions of the Canadian Football League and the Ending Violence Association of B.C. to create a campaign called Be More Than a Bystander.

The focus of the campaign is to encourage the public to speak up when they witness harmful conversations or acts, rather than staying quiet. A group of athletes from both the Tbirds and Lions have undergone three days of training regarding the issue, including Tbirds receiver Andrew Darcovic.

"All you have to do is say, 'This isn't right,'" Darcovic said in a press release.

"Men have to be part of the solution because we are the problem. You have to do more than say violence is wrong, you have to step in. Think how hurt you would be if that was someone you loved — your mom, your sister or your friend. It's closer than anyone thinks."

There are more than 60,000 acts of violence against women in B.C. every year.

DANIEL HENDRIKSEN

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Art scholarship created

Competition. Langara and Rethink team up to offer $18,000 prize

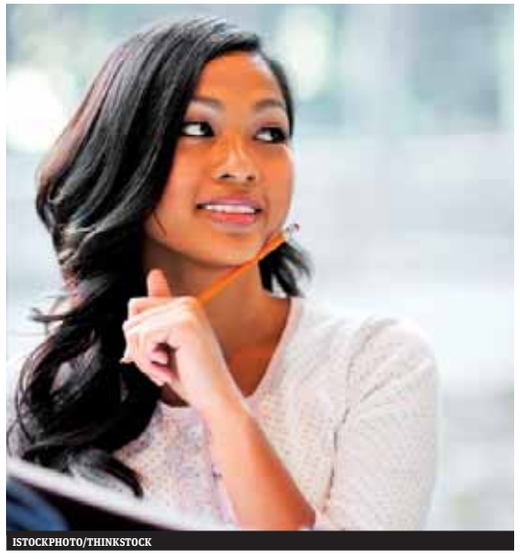
DANIEL HENDRIKSEN
For Metro

Aspiring art students are hard at work these days, creating their entries for a competition put on by Langara College and ad agency Rethink Communications.

The competition calls for contestants to develop classic black hardcover sketchbooks that showcase their creativity. Entries will be judged on clarity, relevance, and fresh thinking, along with quality of ideas, craft, and execution.

The winner of the challenge will receive a scholarship worth $18,000, which gains them full tuition to Langara's two-year, full-time communication arts program, as well as an internship at Rethink Communications.

"Creating a contemporary curriculum for the applied arts community is at the heart of the communication arts program," program coordinator Johnathon Strebly said in a press release.


ISTOCKPHOTO/THINKSTOCK

"This fantastic opportunity to work with Rethink epitomizes this creative dialogue between education and industry. We are proud to offer this chance for a designer to fulfil their educational and agency experience dreams."

Entries must be submitted by Sept. 1. The contest is open to both Canadian and international students.

For more information, go to rethinkcanada.com/us/rethink-scholarship.

BCIT hires new associate dean

The School of Transportation at the British Columbia Institute of Technology (BCIT) has hired a new associate dean of marine programs.

Dr. Richard Wiefelspuett, who brings with him more than 30 years of Canadian and international experience, will work out of BCIT's North Vancouver Marine Campus. He holds a PhD in engineering science, and a master of science in mechanical engineering (shipbuilding and offshore technology) from the prestigious RWTH Aachen University.

Wiefelspuett's most recent positions were based out of Asia. He was managing director with Wartsila, a global leader in complete life cycle power solutions for the marine and energy markets, and director of group aftersales for Hamworthy PLC.

He is no stranger to B.C. In the past he was employed as a naval architect based out of Victoria.

His resumé also features a wide range of marine-related positions, including consulting, R&D, ship design and construction, technical services and business management.

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CFL

Joseph gives Esks a jolt vs. Argonauts

Kerry Joseph and Hugh Charles ran for touchdowns to lead the Edmonton Eskimos to a 26-17 win over the Argonauts on Monday night in Toronto.

Joseph replaced injured starter Steven Jyles in the first half and had a one-yard touchdown run to end the first quarter for Edmonton before Charles essentially cemented the Eskimos' fifth straight win over the Argos with a 10-yard scamper 2:31 into the fourth.

THE CANADIAN PRESS

Eskimos QB Kerry Joseph celebrates his touchdown on Monday. THE CANADIAN PRESS

MLB

Jays fight back and end skid

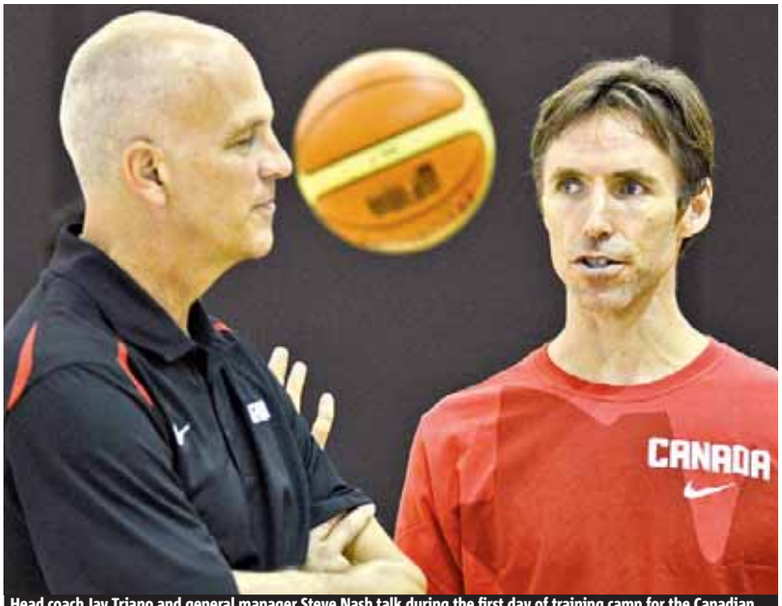
Colby Rasmus hit a three-run homer off Rafael Soriano with two outs in the ninth inning and the Toronto Blue Jays took advantage of Derek Lowe's wild pickoff throw in the 11th to beat the New York Yankees 8-7 Monday night, snapping a seven-game losing streak.s.

Moments after Rasmus' stunning drive put Toronto ahead 7-6, Derek Jeter tied it with a home run off Casey Janssen. But the last-place Blue Jays didn't cave, scratching out a run two innings later to stop an eight-game slide at Yankee Stadium.

THE ASSOCIATED PRESS

Triano looking for big Canadian commitment

Basketball. Eyeing Olympic berth in Rio, national team coach expects four-year pact from his players



Head coach Jay Triano and general manager Steve Nash talk during the first day of training camp for the Canadian men's national basketball team in Toronto on Friday. TARA WALTON/TORSTAR NEWS SERVICE FILE

Jay Triano has witnessed first-hand how the United States men's basketball team changed from underachievers to back-to-back Olympic champions.

He believes the same approach will lead Canada to its first Olympic berth since 2000, and he expects his players to buy in for the long haul.

Just two weeks after the London Olympics closed, Triano and his coaching staff were putting a promising roster of players through shooting drills Monday at the end of a five-day training camp designed to prepare Canada for the 2016 Rio de Janeiro Games.

Triano, just days into his second stint as national team head coach, expects players at the camp to commit to the national team for four years, saying the long-term pledge is essential to getting Canada back on basketball's world stage. Triano was an assistant coach on the U.S. national team when it went from an underachieving group that settled for an Olympic bronze medal in 2004 to a cohesive powerhouse.

"I think gone are the days when you can throw 12 players out there and expect to compete, and I think my time with the United States team showed that," Triano said. "Jerry Colangelo asked those players for a three-year commitment. When they did that and the players became committed, that's when they became successful and won back-to-back gold medals."

Canada hasn't always been able to field its best possible team in Olympic competition. Star guard Steve Nash, now the team's general manager, stopped playing for Canada after it failed to qualify for the 2004 Olympics and focused on his NBA career. Centre Jamaal Magloire, who has been working with the big men at the camp, opted not to play during the height of his career. Centre Samuel Dalembert was dismissed from the team after a rift with former coach Leo Rautins.

"If we're going to be successful, guys are going to commit," Triano said. "The fact that they're here working as hard as they are right now speaks volumes to their commitment. We're going to have to decide as a staff which players we want to move forward and be part of our commitment to the program."

To build for Rio, Nash and Triano hope to involve young players early and get them used to spending their summers working with the national team. THE CANADIAN PRESS

Quoted

"I'm definitely committed. I have a lot to learn from these guys ... Being able to learn from them from now until it's time to play in the Olympics, I think I'll be ready by then."

Top prospect Tyler Ennis, who flew in from an elite high-school basketball showcase in Los Angeles to take part on the last day of the camp

Bringing the best

It appears Canada may have turned a corner as far as getting its best players out.

- NBA regulars Joel Anthony and Tristan Thompson were among those taking part, along with up-and-comers Kris Joseph, Cory Joseph and Andrew Nicholson.
- Recent Los Angeles Lakers draft pick Robert Sacre was at the camp in Toronto along with former Gonzaga teammates Kevin Pangos and Kelly Olynyk.

Wozniak breezes into Round 2 of U.S. Open

Aleksandra Wozniak plays a backhand during Monday's match against Alexandra Cadantu in New York. GETTY IMAGES

A two-hour rain delay at the U.S. Open didn't throw Canada's Aleksandra Wozniak off her game.

Wozniak reached the second round of the Grand Slam with a 6-0, 6-3 win over Romania's Alexandra Cadantu on Monday.

The 48th-ranked Wozniak, a quarter-finalist last week in a Dallas tune-up event, needed little more than an hour to advance after losing four of her last five opening matches at Flushing Meadows.

The native of Blainville, Que., made it to the third round in 2009.

"Overall, it was the first solid match for me here," Wozniak said.

"She started putting more balls in during the second set. I'm glad I stayed on top of her and won this one. It was nice that it went so fast after the long rain delay."

Wozniak will next play good friend Lucie Safarova, who beat American Melanie Oudin 6-4, 6-0.

THE CANADIAN PRESS

Quoted

"I'm looking forward to the second round. I'm really focused."

Aleksandra Wozniak

Also at Flushing Meadows

Seeking that elusive first Grand Slam title, Andy Murray, pictured, began his U.S. Open campaign Monday with a straight-set victory over Alex Bogomolov Jr.

- The Olympic gold medallist overcame early breaks in the first two sets of a 6-2, 6-4, 6-1 win.
- On the women's side, Samantha Stosur looked like a champion again, not the player who has often struggled this year.

The Australian began the defence of her Open title with a dominant win, needing 51 minutes to beat 64th-ranked Petra Martic 6-1, 6-1 in the tournament's first match at Arthur Ashe Stadium.

THE ASSOCIATED PRESS

4 SPORTS

Mobile sports

The party appears to be over for talented young Dallas receiver Dez Bryant after a tumultuous summer. According to numerous reports, the Cowboys have set guidelines for Bryant to attend weekly counselling sessions, have a full-time security team and not be allowed to consume alcohol or attend strip clubs. Scan the code for the story.

Horoscopes

♈ Aries
March 21 - April 20
Good intentions are not enough — you must live up to your ideals. Make it your aim today to treat everyone you meet, even strangers, in the same way as you treat those you love beyond question.

♉ Taurus
April 21 - May 21
There may be times when it seems as if you are losing control of everything in your life but it's not true, so steer clear of self-pity. Actually, things are progressing quite well for you at the moment.

♊ Gemini
May 22 - June 21
You may be tempted to try something outrageous today, something you believe will convince the doubters that you have what it takes. But what if it goes wrong? By all means, be bold but don't abandon common sense.

♋ Cancer
June 22 - July 23
With the travel area of your chart heavily emphasized, being on the move will be a lot of fun. But be aware that it will also have its dangers. Delays are going to happen whether you like it or not, so don't get angry.

♌ Leo
July 24 - Aug. 23
Just because someone occupies a position of authority does not mean you can trust what they say. With communications planet Mercury under negative influences, a lot of what you hear is probably nonsense.

♍ Virgo
Aug. 24 - Sept. 23
Knowledge is power and the more you know about what others are up to, the better placed you will be to get something out of it. Are we talking blackmail here? Of course not, perish the thought!

♎ Libra
Sept. 24 - Oct. 23
Take what even your friends tell you with a grain of salt. They may not lie to you on purpose but they are a bit confused about what's going on. You don't need advice. Your conscience will guide you.

♏ Scorpio
Oct. 24 - Nov. 22
Focus only on things you understand. If you drift into areas where your knowledge is limited, you may fall foul of people who like to prey on trusting types like you. Be cautious. You don't have to prove yourself.

♐ Sagittarius
Nov. 23 - Dec. 21
Do not — repeat, not — sweep important topics under the rug. If you ignore them now, they will come back bigger and tougher to deal with later on. Don't worry about being unpopular. You've got issues to resolve.

♑ Capricorn
Dec. 22 - Jan. 20
You may be a bit blunt in some of the things you say over the next 24 hours but that's OK. For too long certain people have been avoiding the realities of the current situation. It's time to get real.

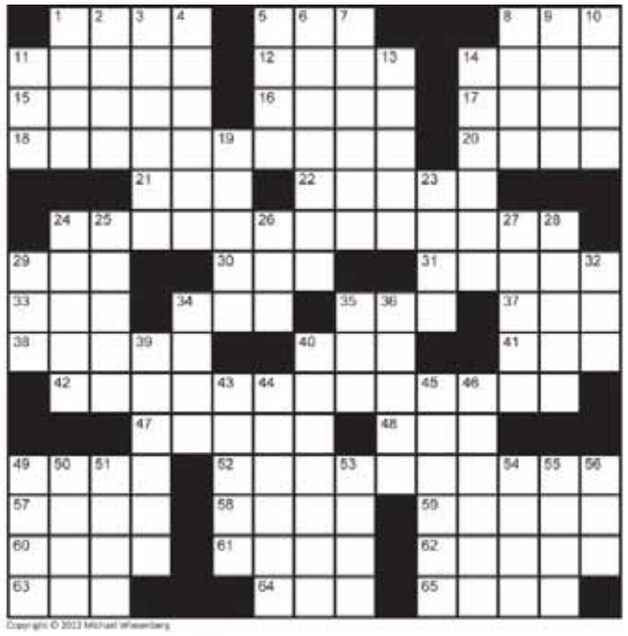
♒ Aquarius
Jan. 21 - Feb. 19
Your mind will race off in all sorts of weird and wonderful directions today and it could be a lot of fun — but it could also be dangerous. Try not to make important decisions until after Friday's full moon.

♓ Pisces
Feb. 20 - March 20
Focus on your own needs and desires and pretend that other people don't exist. That might sound a bit selfish but you've done more than your share for the greater good of late. Look after Number One today.

SALLY BROMPTON

Crossword: Canadiana

BY MICHAEL WIESENBERG



Across

1. ___ Spumante: Italian sparkling wine
5. Emergency room drips, familiarly
8. "It's easy as ___"
11. Speck in the ocean
12. Broth
14. Clairvoyant one
15. Circus animals that balance balls
16. Gore Vidal's ___ *Breckenridge* (or the 1970 movie)
17. Pine case
18. Toronto team (2 wds.)
20. Dix, ___, douze
21. Corrida cheer
22. "Do you understand?" (2 wds.)
24. Alberta and Saskatchewan became part of this on Sept. 1, 1906
29. Angry crowd
30. Bad dog
31. American ___: Pacific Ocean territory
33. ___ mode: with ice cream (2 wds.)
34. That girl
35. Winnipeg's "Taking Care of Business" band, for short
37. Key beside F1
38. "The sky's the ___!"
40. Canadian map dispensers
41. Bring home after expenses
42. Formed in 1970, this world renowned chamber ensemble quintet always performs in formal black suits with white running shoes
47. Amino and folic
48. "...a feeling of sadness comes ___ me": Longfellow
49. Mounties, in short
52. Western capital (2 wds.)
57. Cleveland's state
58. Red-wrapped cheese
59. Kept the engine running
60. Toronto group that backed Bob Dylan as The Hawks; with "The"
61. Amusement park attraction
62. Bed boards
63. Versifier's "before"
64. Start of a countdown
65. Potato buds

Down

1. "... against ___ of troubles": Hamlet (2 wds.)
2. Certain hockey shot
3. Betray, kid-style (2 wds.)
4. In a class by ___
5. "Woe ___!": "Alas" (2 wds.)
6. First spacecraft to reach Uranus and Neptune
7. Beach habitué
8. Long, long time
9. Mercedes ___
10. Some of the original inhabitants of Ontario
11. Belief
13. Italian dish
14. Nova ___
19. Parasite
23. "Make ___!": Jean-Luc Picard (2 wds.)
24. Baby discomfort
25. Harper's US counterpart
26. Anticipated
27. Signs
28. Proboscises
29. ___ de mer: seasickness
32. "Just ___ naturally"
34. Opp. of legato in musical notation
35. Prohibition
36. Forbidden
39. As like as two peas ___ (3 wds.)
40. ___ Range: mountains that extend from California to southern BC
43. Frogman
44. "___ my way" (3 wds.)
45. Surface again
46. Drily
49. Choir attire
50. Blacken
51. It isn't yours
53. US Treasury Department agents, familiarly
54. Wings
55. Wagers
56. Audiophile's collection

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	8		4				5	
			2				7	8
		6	3		7	1	2	
	2	3						
4								5
						3	4	
	4	1	6		3	2		
7	6				9			
	5				1		8	

Yesterday's Sudoku

1	5	9	8	2	4	3	7	6
4	6	8	3	7	9	1	5	2
7	3	2	1	6	5	4	8	9
3	9	7	6	5	2	8	1	4
8	4	5	9	3	1	2	6	7
6	2	1	4	8	7	9	3	5
5	1	3	2	9	6	7	4	8
9	7	4	5	1	8	6	2	3
2	8	6	7	4	3	5	9	1

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